



# CONQUER CHIARI WITH EVERY STEP<sup>®</sup>

## Key Two:

### Not Every Question Has an Answer

*The following is an excerpt from Conquer Chiari: A Patient's Guide. It focuses on the second of three key concepts when confronting the reality of Chiari, not every question has an answer.*

#### **"I don't understand this; why won't someone answer my questions?"**

Unfortunately with Chiari, many questions do not yet have an answer. It is important to realize and accept this. There is no objective, definitive diagnostic criteria for Chiari. Treatments are controversial. There is no way to know how much surgery will help an individual person and which symptoms will go away. There is no way to predict if symptoms will come back years down the road.

The reality is that we are at the early stages of understanding Chiari and key issues remain unsolved. Does this mean patients should just throw up their hands? No, it means the opposite. It means it is even more important that patients take the time to educate themselves and understand what the issues are. For while there may not be definitive answers, there is data and information out there (albeit on a small scale relative to other diseases), and in the void of knowledge, there are an abundance of opinions. It is vital for patients to be able to communicate with their doctors, understand what their doctors are recommending and the reasons behind them, be able to sort through different opinions, and be comfortable with what they are hearing.

Everyone wants answers; that is understandable. But when answers are not available, it is just as important to seek out what is known, what is not known, and what is suspected.



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